



# News & Views

A Newsletter for Families at the University of Victoria



October, 2010  
Issue 158

**UVIC Family Centre**  
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Check out our complete  
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## **FACULTY**

### **COORDINATOR**

LAURENE SHEILDS

## **NEWSLETTER**

KATHLEEN BORTOLIN

## **Family Centre Hours**

**Tuesdays**  
**9am-3pm**

Playgroup  
10:00-12 noon

**Wednesdays**  
**10am-2pm**

Playgroup  
10:00-12 noon

**Thursdays**  
**1:00-5:00pm**

After School Program  
3:30-5:00pm

**Fridays**  
**10am-12:00 noon**

Playgroup  
10am-12 noon

## **Harvest Festivals Around the World**

### **Thanksgiving Day in Canada**

Cultures all over the world celebrate the gathering of the harvest. Harvest festivals have been held as long as people have been sowing and gathering food. For Canadians, this harvest festival is held on the second Sunday of October and is called Thanksgiving.



Various First Nations in Canada had long-standing traditions celebrating the harvest and giving thanks for a successful bounty of crops. Canada's First Nations and Native Americans throughout the Americas, organized harvest festivals, ceremonial dances, and other celebrations of thanks for centuries before the arrival of Europeans in North America.

In Canada, Thanksgiving days were observed beginning in 1799 but did not occur every year. After the American Revolution, American refugees who remained loyal to Great Britain moved from the newly independent United States bringing the customs and practices of the American Thanksgiving to Canada. In 1957 Canadian Parliament proclaimed Thanksgiving Day a national holiday to give thanks for "for the bountiful harvest with which Canada has been blessed." These days, Thanksgiving is usually celebrated with a large family meal, usually involving turkey, and is also often a time for weekend getaways.

### **Homowo Festival in Ghana**



African people have always had festivals at the time of the harvest. In Ghana, the Yam Festival (Homowo) lasts three days. The festival begins with a cleansing ceremony to honour family members who have died. Farmers give thanks to the gods who ensure a good harvest. Twins and triplets are honoured during this time as a special gift from God.

Yams are an important crop in Ghana. During Homowo, they are taken from the ground and are carried to the village. Then they are blessed by the chief. Special foods made from yams are served. During Homowo people wear a kind of toga made from kente cloth which is brightly coloured. The festival ends with a big feast. People dance and sing to the sounds of drums

### **Harvest Moon Festival in China**

The Chinese Harvest Moon Festival is celebrated on the 15th day of the 8th month of the Chinese lunar calendar in honor of the harvesting of rice and wheat crops. At this time the moon is at its brightest, and is thought to be the birthday of the moon. Chang-O, a woman who flew to the moon and can be seen when the moon is full, is honored during this festival.

Moon cakes are the traditional food to eat during this festival. This tradition dates back to 1368 when China was under Mongolian rule. The Chinese planned a revolution to overthrow the Mongolians. They sent secret messages in mooncakes to plan this revolution because mooncakes were not eaten by the Mongolians.



During the Chinese Moon Festival families get together to view the full moon, a symbol of luck, harmony and abundance. Adults will eat many different varieties of moon cakes with a good cup of piping hot Chinese tea. Along with the mooncakes, children have parades with lanterns and puppet shows. Chinese Moon Festival is also celebrated in Taiwan, Singapore, and Vietnam.

### **Holi in India**



Holi is a harvest celebration marking the end of spring. It is celebrated each year on the day after the full moon in early March all over India. This is one of the most colourful Indian festivals.

Bonfires are lit to banish the cold winter, and grains from the harvest are offered to the flames. During the festival there is plenty of colour, prayer, fasting and feasting. People run through the streets throwing coloured powder and water at each other. The older people give out sweets and money and everyone joins in dancing to the rhythm of the drums. This is a celebration of joy and hope which is eagerly awaited by Indians.

(Adapted from Wikipedia.com and EverythingESL.net)

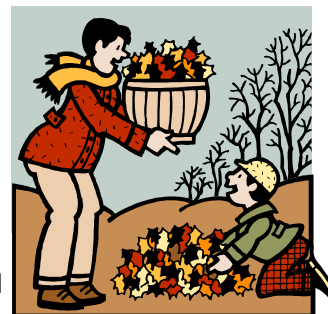
## New Faces this Fall at The Family Centre

### A New Practicum Student: Kim Collis



Hello. I would like to take a moment to introduce myself. My name is Kim Collis and I am a practicum student from Camosun College's Community, Family and Child Studies Program. I will be working in the Family Center on Tuesday and Wednesday mornings and Thursday afternoons helping with the drop in programs. I'm so pleased to be getting to know the Music and Movement program, playgroup on Tuesday, and After School Drop-in on Thursdays. I absolutely love to work with children and I'm so excited to have the opportunity to work here at UVIC. I have a few years experience in youth and child care, and I hope that I can add to the element of fun and excitement in the great programs available here on campus. I look forward to meeting and getting to know the Family Center's many children and

### Miki's Corner: Janna replaces Miki for October



Okay so I'm not Miki... SURPRISE...I'm Janna. As some of you may already know, Miki is away for a few weeks so I have the wonderful opportunity to fill in for her while she is gone. I am very delighted to be back at the Family Centre and am looking forward to meeting you.

As it is October we have now entered...yes it is true and there is no more denying it...FALL. Although we are sad to say good-bye to the bright sun shining days of summer, fall is a wonderful season. I love the wet and dampness of fall. The weather is most often warm enough to get out and play. I also LOVE soup and tea and hot chocolate and those are all things I believe go hand in hand with fall time.

I encourage you not to let the rainy days get in your way this fall. Please come out and join us on Wednesday and Friday mornings. During the program we will laugh and sing songs and talk about fall time. It is going to be a great month so please come out and have fun with us. Looking forward to meeting all of you!

### New P/T Childcare Option

Little Acorn Childcare Centre  
Full-Day Licensed Daycare with Preschool  
Curriculum



Oaklands Community House  
2629, Victor St.

2 full day options Monday-Friday  
(7:30am-4:30pm, or 8:30am-5:30pm)

Oaklands Community Association announces 40 new, affordable childcare spaces. This is a community-based, volunteer-driven, non-profit initiative. For more information and to register, contact Stephanie at 250-370-910.

### Safety and Security Information Session



Thursday, October 21,  
2010

6:30pm—7:30pm  
The Family Centre

Allison Eddy, Campus Security's Personal Safety Coordinator, will provide information on Campus Security's services and programs, and how residents can help make the community safer. It will also be an opportunity for residents to have their questions and concerns addressed. Refreshments will be served!

## Campus Security Services Annual Halloween Party

Join Campus Security  
and The Family Centre  
Friday, October 29th

4:00pm-6:00pm

ON the Family Centre lawn

Come in costume for hot dogs, hot  
chocolate and treat bags.



## Conversation Cafés

Offered by the International Exchange Student  
Services (IESS) office.

A trained ESL instructor and two teachers in training will be available to help international students work on improving their English language skills. Topics discussed will include making sense of Canadian slang and idioms, conversation starters, casual vocabulary, pronunciation, Canadian culture and cross-cultural differences. Tea and cookies will be served too!

**Dates:** Every Monday from September 20 - November 29 (except Monday, October 11)

**Time:** 3:45pm - 5:15pm

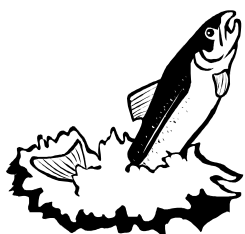
**Location:** Clearihue Building, Room C112

Contact [iess@uvic.ca](mailto:iess@uvic.ca) to register. Please note that registration is limited to 25 students, so register early if you wish to attend. You are welcome to register for as many of the Conversation Cafés as you would like to attend. You are not obliged to come every week, but you must register for each Conversation Café you plan to attend.



## Ideas to Celebrate Fall in Victoria

**Salmon Run: Goldstream Provincial Park**  
Watch Chum Salmon returning to spawn in the Goldstream River and enjoy the gorgeous fall colours of the surrounding area.



Goldstream Provincial Park has a world-class salmon spawning stream with thousands of Chum Salmon returning each year. Every autumn, millions of Pacific salmon forge their way up the myriad streams of the Pacific

northwest to spawn and die. In Goldstream, salmon appear about mid-October, and may be seen for about nine weeks, the dates varying from year to year. Of the five kinds of North American Pacific salmon it is the Chum salmon that is most abundant in this river, though you may also see some Coho and Chinook salmon, as well as the Steelhead and the Cutthroat trout.



## Pumpkin Picking

Pick your own pumpkin in a pumpkin patch, and then bring it home, carve it, roast its seeds, and make pumpkin pie! Two popular places to find a pumpkin patch are:

- Galey Farms: 4150 Blekinsop Road, 250-477-5713
- Mitchell Brother's Farm, 2451 Island Farm Road, 250-652-6770

# Programs and Events

*A great way to get connected!*



## **Playgroups:**

On Tuesday, Wednesday and Friday mornings from 10am-12pm the Family Centre hosts fun and energetic playgroups. This month sees Kathleen continuing her lively Music and Movement Playgroup on Tuesday mornings. Janna will be joining us on Wednesday and Friday mornings until Miki returns from her holidays. Wednesday and Friday morning playgroups involve arts and crafts, free play, circle time, and snack. These playgroups are a great opportunity for little ones and their caregivers to play, interact with the community, and have fun. We look forward to seeing you and your little ones this month.

## **After School Club: Thursday afternoons, 3:30pm-5:00 pm.**

Hello to you all. As we gear up for Halloween, I understand that some of you do not celebrate Halloween. I want you to know that your child is still welcome to come to any of these activities and I will do my best to include him/her with a non-Halloween activity. Please let me know ahead of time so that I can arrange something. Here's the schedule for October:

Oct 7: Baking cookies  
Oct 14: Halloween Craft  
Oct 21: Pumpkin Carving  
Oct 28: Halloween Craft



Please note that these indoor activities may change to outdoor activities depending on the weather.

## **Campus Security Services Halloween Party**

Join us at the Family Centre on Friday, October 29th from 4pm-6pm for the annual Campus Security Services Halloween Party. Come dressed in your costumes and enjoy free hot dogs, hot chocolate and treat bags.



## Community Events

### **Esquimalt Children's Story Fest , Saturday, October 2nd, 10:30-2:30, Esquimalt Town Square**

This free event celebrates the wonder of storytelling. The festival includes readings from children's authors and storytellers, a free lunch, book giveaways, a craft table, and a performance by the Tickle Trunk Players. For more information, visit <http://www.esquimalt.ca>.

### **Humongous Kids Garage Sale Sunday, October 24th, Gordon Head Middle School**

Take the opportunity to pick up some cheap children's items. The sale will feature clothes, games, books, toys, sports equipment and more. You could also book a table, clean out your closets and storage area, and earn some extra cash. Reserving a table costs \$21.00 plus tax. Call 250-475-7100 for more information.

### **Movie Mondays**

**Free, Every Monday at 6:30pm at the Eric Martin Pavilion, 1900 Fort St.**

Movie Monday provides free, quality entertainment and social interaction for consumers of mental health services and members of the community. Movie Mondays attempts to provide entertainment during which people can forget their troubles for a while. Movies are shown on a 12' screen and pop and popcorn are offered at ridiculously low prices. An increasing benefit of this project is the positive interaction between people who have had direct experience with mental illness, and those who have not.

### **Cinecenta Matinees**

Matinees are back! They run on Saturdays, Sundays, and select Fridays. All seats are \$4.75. The schedule for October is:

*Toy Story 3*— Oct 1st at 1pm, Oct 2nd at 1pm and 3pm, Oct 3rd at 1pm.

*How to Train your Dragon*—Oct 8th, 9th, and 10th at 1pm.

*Ramona and Beezus*—Oct 16th, and 17th at 1pm.

*Despicable Me*—Oct 23rd and 24th at 1pm.

*The Wizard of Oz*—Oct 30th and 31st at 1pm.

### **Family Singing (Harmonious Family Singers)**

The Harmonious Family Singers are a no-audition, inter-generational singing community. Their goal is to build stronger relationships within the community while increasing listening, attending, and cooperation skills. They sing multi-generational and multi-cultural songs. They meet Monday nights in Fairfield United's Hall at Moss & Fairfield. For more information, including their fee schedule, visit <http://www.harmoniousfamilychoir.com>.